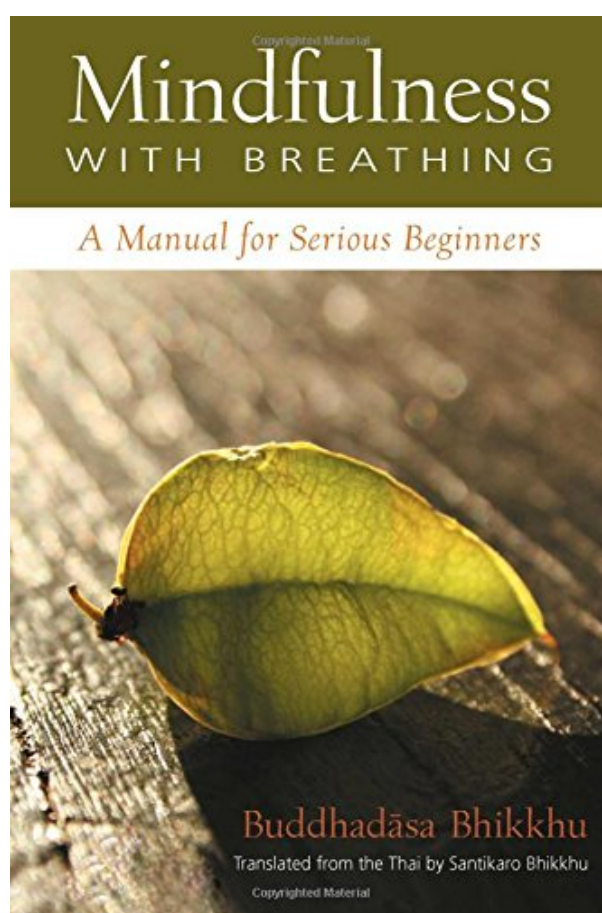


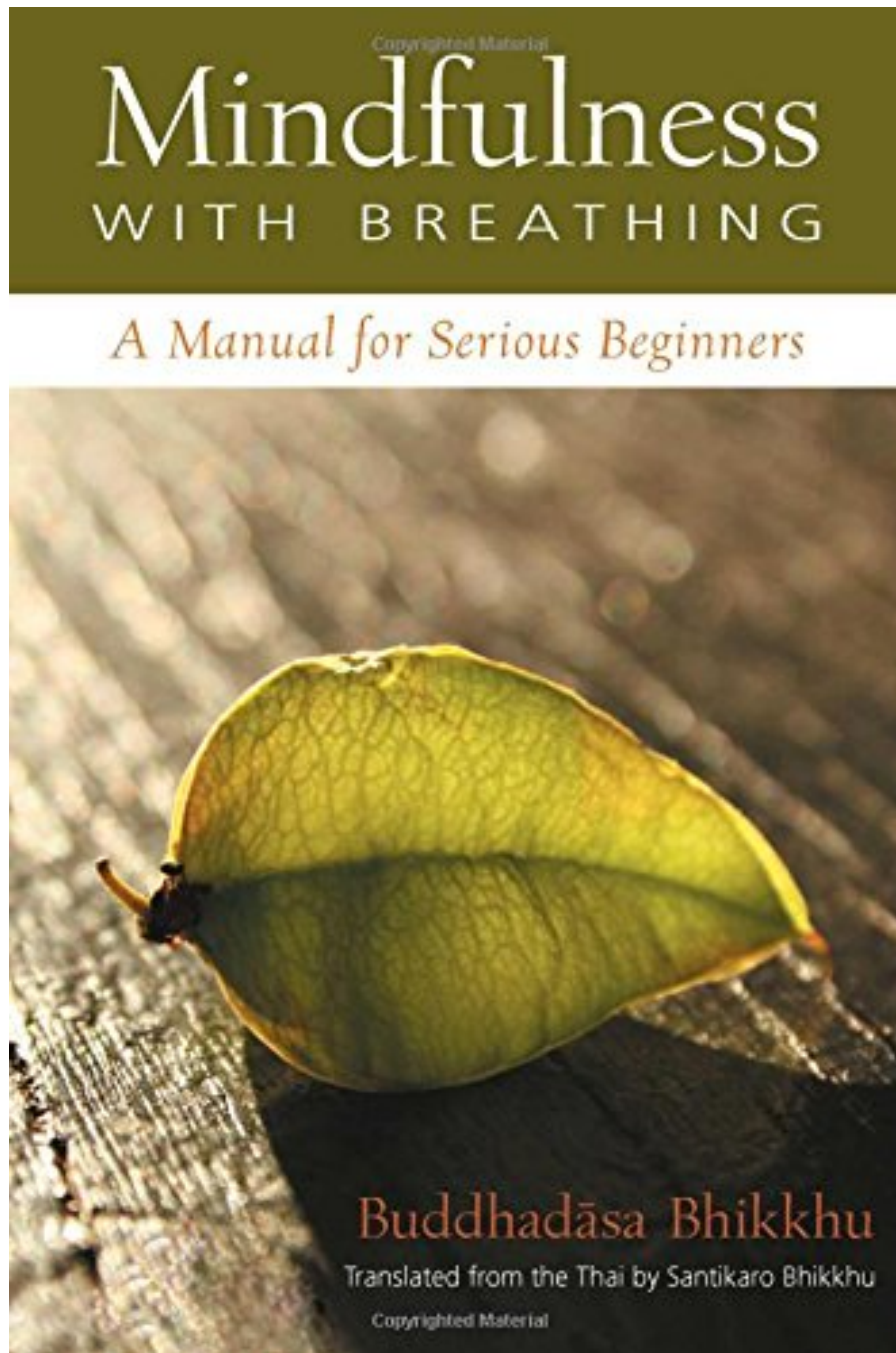
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Any practitioner, after meditating for some time, inevitably wonders what meditation method the historical Buddha Shakyamuni himself used while beneath the Bodhi Tree. Many people understand that prior to his realization, Shakyamuni Buddha studied with many of the great yogis of his time, but most do not know what method he ultimately found leads most directly to nirvana. In Ajahn Buddhadasa Bhikkhu's book, *Mindfulness With Breathing*, the Thai meditation master provides practitioners with penetrating insights into the *Anapanasati Sutta*, the canonical text which many believe is the most direct transmission of Shakyamuni Buddha's breath meditation methods. Combined with a concise translation of the sutta itself, *Mindfulness with Breathing* is one of the best guides to Buddhist meditation practice available in the English language.

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Nice Manual

By Mclusky

Ajahn Buddhadasa is a controversial figure in the annals of 20th century Theravada Buddhism, even having his works banned for a time in conservative strongholds like Burma. Still, I liked this book. It's nothing new

if you are familiar with the Anapanasati sutta from the Pali Canon but Buddhadasa Bhikkhu turns aspects of the famous sutta into a system of training for the "serious beginner." If you're not serious about Buddhism or meditation then I don't think you ought to buy this since it will probably either bore you to death or frustrate you. However, if you really want to learn breath meditation and don't expect any serious results overnight or even over the course of a month or more I think it's a great book. I love it, but if you're into Buddhist scholarship and have no faith in meditation or Enlightenment you'll be wasting your money. There is no scholarship here, just a forest monks instructions on meditation from a life lived practicing it.

28 of 29 people found the following review helpful.

Excellent book for serious beginners or more advanced students

By Patrick D. Goonan

This book is a deep exploration of Insight Meditation based on the Anapanasati Sutra. It is very detailed and contains quite a few Pali terms, but it goes beyond most popular books in depth. It was translated from Thai and is not the smoothest book in the world to read. However, it covers lots of ground in a short space and is a good supplement to other texts such as *Breath by Breath* by Larry Rosenberg.

Larry Rosenberg's book covers a lot of the same material, but is geared more toward a Western audience and doesn't get as deeply into the Pali terminology, the underlying philosophy, etc. I see the two books as useful and complimentary. Together they constitute a good comprehensive introduction to Insight Meditation.

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